



OVERALL EVENT PROGRESS

82.4 %

BEING PRESENT IN THE MOMENT

There are many things going on around us in our physical environment, as well as distractions occupying our minds at any given time. With all of the challenges and noise we face in today's world, it is difficult to be truly present in the moment we are in. This can be especially true at work. It is important to realize when our focus, attention, or mind is not fully present in the moment while completing a work task.

What does it mean to be truly present? For the purpose of this talk, we are discussing where our focus and attention is in a given moment. All too often, we are physically present somewhere, but our focus and attention are not. We have all been there. Whether it is during a safety meeting or when driving home, we zone out and quickly realize we have no clue what was said in the safety meeting, or with the snap of a finger, we are home but have no recollection of the drive. This kind of disconnect from the present moment can be extremely dangerous when at work.

Dangers of Not Being Present While at Work

The dangers of not being fully present and engaged while at work are obvious. Two quick scenarios:

- Scenario #1 - A supervisor is going through the safety procedures for a new piece of equipment. Your mind begins to wander, and you do not hear much of the discussion. Later that day, while you are using the equipment, a coworker's hand gets caught in moving parts and you do not know where the emergency shutoff switch is.
- Scenario #2 - You are working in a plant during a shutdown, and many different companies are performing work in a small area. You are not paying attention to where you are walking and totally miss multiple signs warning of overhead work being performed. A piece of pipe falls from a higher level and strikes you on the shoulder.

How to be Present

There are many reasons why we may not be present in any given moment. As individuals, we vary greatly, but a few quick tips may help you be more in the moment the next time you find your mind wandering.

- Take note of how well you are focusing and where your mind is at. From there, make the conscious choice to improve your focus and attention if needed.
- When you are part of a discussion or receiving directions, make sure that you are actively listening to the person speaking. One way to become a better listener is to treat the information as something you are going to have to teach to a coworker. Receiving information with the expectation that you will be responsible to pass on it can help ensure that you actively listen to the person speaking.
- Eliminate distractions from the physical work area. Things such as noise, clutter, chemicals, people, equipment, etc., can have a large impact on your ability to fully pay attention to what you are doing in any given moment at work. Eliminating distractions can make all the difference in whether or not you are able to focus fully on the task at hand.
- Eliminate any personal issues that are causing your mind to wander whenever possible. Often times personal issues cause our minds to not be fully present on our work. Try to calm your concerns or worries by making a phone call home if that will help solve the issue. If a discussion will not help the situation, then maybe you need to take the rest of the day off.

Summary

It can be challenging to truly be present at work. Distractions, long hours, health issues, family problems, stress, etc., all plague us and our ability to be fully present in our work. It is only possible through recognizing where our focus and attention are, and from there, deciding to take the necessary steps to try to be more present in the moment we are in.

SCOTFORD WEATHER

Wed May 24

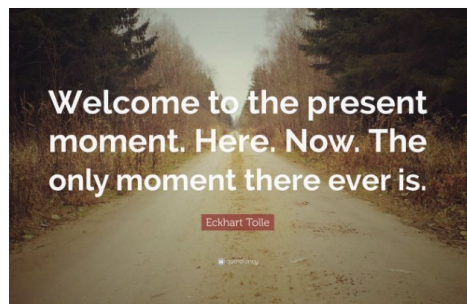
Day
 19° Feels 19
 ☁ 15 km/h NW ☁ 20 %
 ☁ 23 km/h
 ☀ 7 hr

A mix of sun and clouds throughout the day.

Night
 9° Feels 7
 ☁ 15 km/h NW ☁ 20 %
 ☁ 23 km/h

Partly sunny in the evening remaining partly cloudy overnight.

TURNAROUND STATS	LAST 24 HRS	OVER-ALL
No Treatment Case	0	2
Occupational Illness	0	0
First Aid	0	14
Medical Aid	0	0
Recordable	0	0
Life-Saving Rule Violation	0	6
Near Miss	0	6
Motor Vehicle Incident	0	6
Dropped Object	0	0
Hi Potential Incident	0	0
SIF	0	0
Env (Other/Spill)	0	5
LOPC (<100kg)	0	0
LOPC (>100kg)	0	0
Environmental Non-Comp.	0	0



STEP

Line of Fire

2 Scenarios

- You have a job to do, you have the tools, the permit, you're ready to go...have you checked to make sure you/your team are not in the Line of Fire? What about crews around you? Are they at risk?

Before you start your work, look for the hazards, document them, discuss them, and know how you and your team are going to handle them.

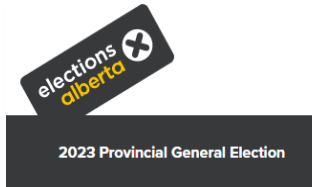
- You've been working on your job for about an 1 1/2 hours. Are there any new hazards in your workspace? Have new people, tools, equipment come into your span of control? Do you know if you are safe?

As you work, use the 20-20-20 rule. Every 20 minutes, take 20 seconds to look 20 feet in every direction. This way you will see if there are changes that may impact your team.



ADVANCED VOTING

May 23 to May 27 - 9:00 am & 8:00 pm.



Advance voting takes place the week before Election Day, from Tuesday, May 23 through Saturday, May 27 between 9:00 am and 8:00 pm. While days and hours of operation may vary for some locations, every electoral division will have at least one location open for the full advance voting period.

Electors may choose to vote at any advance voting location.

Advance voting locations are commonly established in malls, community centres, libraries, work camps, universities, and other public buildings to provide electors with locations that are convenient to where they live, work, shop or travel.

Voting in advance is the preferred option for electors that cannot attend their assigned voting location on Election Day. Students, persons working away and those travelling in Alberta can vote at any location using the Vote Anywhere Service. Electors that cannot vote at an Advance or Election Day location can also vote by mail or at their local returning office. www.elections.ab.ca

GOAL ZERO CUP



These amazing drivers from Mel Martin's are crucial to critical equipment being hauled out of the unit, whether to the wash bay or offsite, and then back in for reinstallation. Roy and Carl take the time to make sure everything is properly secured, safely transport a lot of very important cargo, and do it all with a smile on their faces. We couldn't do this turnaround without them! ***

"I would like to nominate Ed Ex Foremen Shannon Kubel and Nigel Emmanuel and their crews.

They have been my Adopt-a-Crew since early April and have demonstrated on a daily basis their commitment to safety, dedication, and teamwork through effective toolbox talk engagement. A few examples are: Team discussion on incident and possible solutions, Discussion on animal welfare on site, Worker created and brought in team stickers, and donuts...yes donuts. They have been a fun crew to be around and the team, as well as myself,

has grown throughout the event. I believe they are deserving of the Goal Zero cup. So do we!"

